

11/11/2017

Powerpalooza - The Novice Competition



Name	Team	Bwt (kg)	WtCls (kg)	lot#	Age	SQ-1	SQ-2	SQ-3	Best SQ	BP-1	BP-2	BP-3	Best BP	Sub Total	DL-1	DL-2	DL-3	Best DL	TOTAL	Wilks	Placing	Events Entered	Qual	Qual Bench
Adele Tickle	Pennine Strength	51	52	3	Senior	92.5	97.5	100	100	55	57.5	-60	57.5	157.5	100	107.5	115	115	272.5	344.822	1-F-Nov-52	PL	Br	Br
Mary Kelly		50.6	52	20	M1	72.5	-77.5	-80	72.5	-35	35	-37.5	35	107.5	97.5	102.5	107.5	107.5	215	273.695	2-F-Nov-52	PL	Br	
Stacia Murray	SE	51.6	52	1	Senior	-80	80	85	85	40	45	47.5	47.5	132.5	90	95	102.5	102.5	235	294.713	Guest	PL	Br	
April howe	Fighting Fit	56.3	57	14	Senior	125	130.5 ^{Sen}	-135	130.5	70	-73	-73	70	200.5	120	125	130	130	330.5	387.247	1-F-Nov-57	PL	Br	Br
Laura Andrew		55.2	57	15	U23	92.5	97.5	102.5	102.5	-35	37.5	40	40	142.5	87.5	92.5	97.5	97.5	240	285.600	2-F-Nov-57	PL	Br	
Vicky Ellis		55.6	57	4	Senior	30	40	50	50	40	45	-52.5	45	95	122.5	127.5	132.5	132.5	227.5	269.178	3-F-Nov-57	PL	Br	
Louise burnett	Crossfit Liverpool	59.9	63	21	M1	-60	60	65	65	42.5	45	47.5	47.5	112.5	95	97.5	102.5	102.5	215	240.004	1-F-Nov-63	PL	Bm	Bm
Aliesha Ludlam	Pennine Strength	57.6	63	13	Senior	60	65	70	70	35	37.5	-40	37.5	107.5	85	92.5	100	100	207.5	238.812	2-F-Nov-63	PL		
Nicola Jordan	DJS Fitness	63	63	16	Senior	45	-47.5	47.5	47.5	27.5	30	35	35	82.5	92.5	-95	-95	92.5	175	187.950	3-F-Nov-63	PL		
Carmen Maria Reyes Escoto	Primal	71.5	72	17	U23	115	127.5	-140	127.5	60	67.5	70	70	197.5	130	140	147.5	147.5	345	338.307	1-F-Nov-72	PL	Br	Br
Katy Jacques	Bodypower Gym	70.2	72	6	Senior	-125	135	140	140	50	57.5	-65	57.5	197.5	127.5	137.5	145	145	342.5	340.068	2-F-Nov-72	PL	Br	
Susan Kellett		68.6	72	11	Senior	90	100	-110	100	55	60	-65	60	160	100	110	120	120	280	282.520	3-F-Nov-72	PL	E	
Lisa Kenyon		70.9	72	18	Senior	67.5	72.5	75	75	37.5	40	-42.5	40	115	105	115	125	125	240	236.688	4-F-Nov-72	PL		
Melissa Roberts		80.9	84	8	U23	-82.5	82.5	-90	82.5	-45	-45	-45	0	0	105	110	117.5	117.5	0	0.000		PL		
Lizzy Terry	Crossfit 3D	93.9	84+	23	Senior	110	120	130	130	47.5	55	-60	55	185	135	145	150	150	335	284.717	1-F-Nov-84+	PL	Br	
Charlie Hooson-Sykes		109.2	84+	19	Senior	80	-90	95	95	50	-55	-55	50	145	90	100	110	110	255	207.647	2-F-Nov-84+	PL		
Emma Hulse	Sports Direct	134.6	84+	9	Senior	-120	-120	120	120	-85	-85	-85	0	0	110	120	135	135	0	0.000		PL		
Sophie McConville	SM	95.5	84+	5	Senior	75	85	92.5	92.5	50	-55	-57.5	50	142.5	110	117.5	120	120	262.5	221.786	Guest	PL		
Lee moran	Freedom Strength	65.1	66	10	Senior	155	162.5	-165	162.5	110	115	-117.5	115	277.5	190	200	205	205	482.5	383.202	1-M-Nov-66	PL	Br	Br
Andrew Kershaw		65.3	66	12	Senior	-140	140	-147.5	140	100	105	-110	105	245	175	187.5	-200	187.5	432.5	342.627	2-M-Nov-66	PL	E	
Louis Runcieman		71.7	74	22	Senior	120	132.5	-137.5	132.5	87.5	95	-97.5	95	227.5	162.5	172.5	182.5	182.5	410	301.760	1-M-Nov-74	PL		
Dan Couton		73.5	74	2	U18	120	130	145	145	70	-72.5	-80	70	215	150	160	-170	160	375	271.050	2-M-Nov-74	PL		
Michael Wynn	DWS	81.5	83	3	U23	170	180	185	185	105	115	-122.5	115	300	200	215	225	225	525	354.322	1-M-Nov-83	PL	Bj	Bj

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Tom Wilks	RHC	80.8	83	4	Senior	170	180	190	190	100	105	110	110	300	180	200	205	205	505	342.642	2-M-Nov-83	PL		
Tom Francis		80.9	83	1	M2	90	110	-120	110	40	60	65	65	175	120	140	160	160	335	227.097	3-M-Nov-83	PL		
Christopher Blake	DLC	82.2	83	2	Senior	-155	-155	-155	0	-90	-90	-90	0	0	145	155	175	175	0	0.000		PL		
Doug Grimes	Steel Habitat	87.8	93	13	Senior	170	180	-190	180	115	122.5	-127.5	122.5	302.5	215	-230	230	230	532.5	344.368	1-M-Nov-93	PL		
Oliver norton		91.3	93	8	U23	175	182.5	192.5	192.5	107.5	117.5	-120	117.5	310	195	210	220	220	530	335.914	2-M-Nov-93	PL	Ej	Bj
Lawrence Jones	PG	90.5	93	9	Senior	160	170	182.5	182.5	80	90	100	100	282.5	160	180	200	200	482.5	307.160	3-M-Nov-93	PL		
Edward Broadbelt	TF	84.3	93	10	U18	140	150	160	160	102.5	110	-117.5	110	270	180	190	195	195	465	307.597	4-M-Nov-93	PL	Bj	Bj
Thomas Johnson	LB	91.5	93	12	U23	125	135	145	145	65	70	75	75	220	165	175	185	185	405	256.405	5-M-Nov-93	PL		
Ashley Evans	Gym	91.6	93	5	Senior	130	140	145	145	85	87.5	90	90	235	147.5	150	155	155	390	246.792	6-M-Nov-93	PL		
Sean Green	Taylor's Strength	91.8	93	6	U23	100	110	117.5	117.5	70	77.5	82.5	82.5	200	160	170	180	180	380	240.198	7-M-Nov-93	PL		
Harry Wood		92.7	93	7	Senior	150	160	-170	160	105	-115	-120	105	265				0	0	0.000		PL		
Philip Varcas	SM	92.5	93	11	M1	130	140	150	150	100	110	-120	110	260	150	160	170	170	430	270.814	Guest	PL		
Thomas Edwards	Bodypower Gym	97.9	105	15	Senior	170	180	190	190	115	125	132.5	132.5	322.5	205	220	235	235	557.5	342.249	1-M-Nov-105	PL	E	
Rob Williams		103.4	105	19	Senior	-140	-140	140	140	115	-120	-120	115	255	225	232.5	-245	232.5	487.5	292.939	2-M-Nov-105	PL		
Iain Brownbridge	Gym	99.4	105	14	Senior	-165	-180	-180	0				0	0				0	0	0.000		PL		
Glenn Speakman	EM	104.8	105	17	U23	220	235	-247.5	235	132.5	140	-145	140	375	227.5	237.5	250	250	625	373.750	Guest	PL	Br	Bj
Adam Scrivner	EM	94.2	105	18	Senior	160	170	-180	170	110	115	120	120	290	210	220	230	230	520	324.688	Guest	PL		
Martin McConville	SM	103.6	105	16	M1	120	130	150	150	80	90	-100	90	240	150	160	170	170	410	246.164	Guest	PL		
Marc Caldecott	Pennine Strength	120.8	120+	20	Senior	172.5	182.5	190	190	95	100	105	105	295	235	245	-255	245	540	309.960	1-M-Nov-120+	PL		
Lee Bates		141.3	120+	21	Senior	160	180	-200	180	100	110	-125	110	290	190	220	240	240	530	295.740	2-M-Nov-120+	PL		
Martyn Blundell	Taylor's Strength	134.4	120+	22	Senior	162.5	172.5	182.5	182.5	82.5	90	97.5	97.5	280	190	200	210	210	490	275.576	3-M-Nov-120+	PL		
Bradley Williams	SM	145.8	120+	23	Senior	-140	140	0	140	85	95	-107.5	95	235	185	202.5		202.5	437.5	243.031	Guest	PL		

Qualification: Br=British Seniors Bj = British juniors Bm = British Masters E = All England Ej = All England Juniors Em = All England Masters

NW Records: Sen = Senior U23 = Junior U18 = Sub-junior M1 = Masters 1 M2 = Masters 2 M3 = Masters 3 M4 = Masters 4

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Laura Crompton	Strength Factory	62	63	6	Senior	120	130	135	135	62.5	67.5	72.5	72.5	207.5	140	-150	150	150	357.5	388.638	1-F-open-63	PL	Br	Br
Victoria savage	Liverpool Barbell	65.8	72	14	M1	115	-125	-125	115	50	55	-60	55	170	100	120	140	140	310	322.307	1-F-open-72	PL	E	
Kim Cowell	Fighting Fit	71.5	72	12	Senior	-140	-140	-140	0	75	80	85	85	0	165	-175	175	175	0	0.000		PL		
Andrea Wilkinson	Blanchflower Performance	64.9	72	4	M2				0	60	65 ^{M2}	66 ^{M2}	66	0				0	0	0.000		BP		Br
Claire Dickson	DJS Fitness	82.7	84	7	Senior	120	-125	-125	120	77.5	80	-85	80	200	135	142.5	147.5	147.5	347.5	312.333	1-F-open-84	PL	Br	Br
Lindsey Woodcock		82.8	84	8	M1	90	-100	100	100	65	67.5	70 ^{M1}	70	170	140	145	-150	145	315	282.964	2-F-open-84	PL	Bm	Br
Victoria eldridge		80.7	84	13	Senior	120	125	130	130	57.5	60	-62.5	60	190	115	120	-125	120	310	282.286	3-F-open-84	PL	E	
Donna Elder	Liverpool Barbell	81.3	84	11	Senior	100	107.5	112.5	112.5	42.5	47.5	-52.5	47.5	160	130	140	-145	140	300	272.100	4-F-open-84	PL	E	
Joanne Copeland		112	84+	2	Senior	80	90	-100	90	50	55	60	60	150	110	120	130	130	280	226.828	1-F-open-84+	PL		
Karen Molden	Taylor's Strength	120.4	84+	9	Senior	65	70	77.5	77.5	45	50	52.5	52.5	130	107.5	117.5	130	130	260	207.792	2-F-open-84+	PL		
Claire Stansfield	DJS Fitness	91.3	84+	3	M1	-70	70	77.5	77.5	57.5	60	-62.5	60	137.5	105	110	115	115	252.5	216.898	3-F-open-84+	PL	Em	
Michael Tyler	Lifestyle Fitness	64.6	66	10	U23	-100	100	-120	100	-75	-82.5	-82.5	0	0	110	122.5	140	140	0	0.000		PL		
Adam McAvoy	Fighting Fit	72.7	74	16	Senior	140	160	-180	160	80	92.5	-100	92.5	252.5	140	170	-190	170	422.5	307.791	1-M-Open-74	PL		
Scott Hanna	YNE	71.6	74	5	Senior	120	130	140	140	-80	-90	-90	0	0	180	190	200	200	0	0.000		PL		
Ben dandy	Adlington Barbell	73.7	74	1	Senior				0	152.5 ^{Sen}	160 ^{Sen}	-165	160	0				0	0	0.000		Eq BP		Br
Joel Mcmanus		78.1	83	19	Senior	200	210	220	220	130	140	160	160	380	200	220	-250	220	600	415.980	1-M-Open-83	PL	Br	Br
Arnold Barcevic	Kosmos Gym	81	83	3	Senior	170	180	-185	180	115	122.5	127.5	127.5	307.5	180	190	200	200	507.5	343.780	2-M-Open-83	PL		Br
Jack Plaister	Gym 28	85.9	93	15	U23	180	200	210	210	120	130	140	140	350	215	225	-240	225	575	376.338	1-M-Open-93	PL	E	Br
Rob Williams	Gym 28	91.4	93	5	Senior	180	-195	195	195	107.5	112.5	-117.5	112.5	307.5	230	245	-255	245	552.5	350.009	2-M-Open-93	PL		
Jack southwick	DJS Fitness	89.4	93	1	Senior	175	185	-190	185	145	-152.5	-152.5	145	330	180	192.5	-197.5	192.5	522.5	334.714	3-M-Open-93	PL		Br
Samuel Barker	Olympic Sports Gym	86.2	93	9	Senior	165	170	175	175	100	-105	105	105	280	190	-205	-205	190	470	307.004	4-M-Open-93	PL		
Liam Cowley	YNE	92.1	93	13	Senior	165	175	-182.5	175	105	110	-117.5	110	285	190	200	210	210	495	312.394	guest	PL		
Ranulf Bruere	EM	84.2	93	12	U16	160	-175	175	175	90	-100	100	100	275	180	200	217.5	217.5	492.5	325.986	guest	PL	Ej	Bj

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James Kennedy	Taylor's Strength	102.9	105	8	U23	180	190	-200	190	122.5	127.5	132.5	132.5	322.5	235	245	-255	245	567.5	341.578	1-M-Open-105	PL	Ej	Bj
Sam Mcleod	DJS Fitness	101.6	105	18	U23	190	-200	205	205	132.5	135	140	140	345	200	217.5	220	220	565	341.712	2-M-Open-105	PL	Ej	Bj
Ben Cook	Taylor's Strength	103.3	105	17	Senior	140	-147.5	152.5	152.5	125	132.5	137.5	137.5	290	200	-210	210	210	500	300.550	3-M-Open-105	PL		
Danny Lee	Taylor's Strength	97.5	105	6	Senior				0	132.5	140	142.5	142.5	0				0	0	0.000		BP		Br
Tamas Kurcz		114.4	120	14	Senior	-210	210	-220	210	160	165	170	170	380	250	265	280	280	660	384.054	1-M-Open-120	PL	Br	Br
Richard Jones	Taylor's Strength	118.4	120	2	Senior	150	160	170	170	92.5	97.5	100	100	270	192.5	200	205	205	475	273.980	2-M-Open-120	PL		
trevor walker	315 Lancaster	116.9	120	4	M4	110	120 ^{M4}	125 ^{M4}	125	85 ^{M4}	90 ^{M4}	95 ^{M4}	95	220	140 ^{M4}	150 ^{M4}	160 ^{M4}	160	380 ^{M4}	219.868	3-M-Open-120	PL	Bm	Bm
Peter McGovern	Lifestyle Fitness	114.3	120	11	Senior	-90	-90	-90	0	45	55	65	65	0	95	120	150	150	0	0.000		PL		
James Johnson	YNE	113.4	120	10	Senior				0	105	115	-122.5	115	0				0	0	0.000		BP		
Mark Ellinor		123	120+	7	Senior	190	200	210	210	125	132.5	-137.5	132.5	342.5	240	247.5	-257.5	247.5	590	337.362	1-M-Open-120+	PL		

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Best Lifter